




McMinnville March

2023

Mon	Tue	Wed	Thu	Fri
		1 9-11am Community Connection 11-12pm Get Moving 12-12:12pm 12min Mindfulness 1-2pm Recovery (Self-Directed) 2-4pm Empowerment Goals	2 9-11am Community Connection 11-12 pm Journaling 12-12:12pm 12min Mindfulness 1-3pm Cards & Board Games 3-4pm DDA	3 9-11am Community Connection Zoom Meetings Below 10-12pm PSS/Volunteer Meeting 1-3pm CEU Training (Your Brain on Music w/Olivia)
6 9-11am Community Connection 11-12pm Life Changes 12-12:12pm 12min Mindfulness 1-2pm Coping Skills 2-4 Crafty Corner	7 9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-1:12pm 12 min. Mindfulness 2-3pm Wellness (Social) 3-4pm Harm Reduction Works	8 9-11am Community Connection 11-12pm Get Moving 12-12:12pm 12min Mindfulness 1-2pm Recovery (Self-Directed) 2-4pm Empowerment Skills	9 9-11am Community Connection 11-12 pm Journaling 12-12:12pm 12min Mindfulness 1-3pm Cards & Board Games 3-4pm DDA	10 9-11am Community Connection Zoom Meetings Below 1-3pm CEU Training
13 9-11am Community Connection 11-12pm Life Changes 12-12:12pm 12min Mindfulness 1-2pm Coping Skills 2-4 Crafty Corner	14 9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-1:12pm 12 min. Mindfulness 2-3pm Wellness (Social) 3-4pm Harm Reduction Works	15 9-11am Community Connection 11-12pm Get Moving 12-12:12pm 12min Mindfulness 1-2pm Recovery (Self-Directed) 2-4pm Empowerment Music	16 9-11am Community Connection 11-12 pm Journaling 12-12:12pm 12min Mindfulness 1-3pm Cards & Board Games 3-4pm DDA	17 9-11am Community Connection Zoom Meeting Below 10-12pm PSS/Volunteer Meeting 1-3pm CEU Training (Wellness from Ancient Rome w/Clay)
20  Special Day BINGO 11 am- 4pm	21 9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-1:12pm 12 min. Mindfulness 2-3pm Wellness (Social) 3-4pm Harm Reduction Works	22 9-11am Community Connection 11-12pm Get Moving 12-12:12pm 12min Mindfulness 1-2pm Recovery (Self-Directed) 2-4pm Empowerment Painting	23 9-11am Community Connection 11-12 pm Journaling 12-12:12pm 12min Mindfulness 1-3pm Cards & Board Games 3-4pm DDA	24 9-11am Community Connection Zoom Meetings Below 1-3pm Zoom only CEU Training
27 9-11am Community Connection 11-12pm Life Changes 12-12:12pm 12min Mindfulness 1-2pm Coping Skills 2-4 Crafty Corner	28 9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-1:12pm 12 min. Mindfulness 2-3pm Wellness (Social) 3-4pm Harm Reduction Works	29 9-11am Community Connection 11-12pm Get Moving 12-12:12pm 12min Mindfulness 1-2pm Recovery (Self-Directed) 2-4pm Empowered Peer	30 9-11am Community Connection 11-12 pm Journaling 12-12:12pm 12min Mindfulness 1-3pm Cards & Board Games 3-4pm DDA	31 9-11am Community Connection Zoom Meetings Below 1-3pm CEU Training

Mac Campus activities are in person. When the Mac building is closed, groups will be via Zoom following the Salem Campus calendar. To log into zoom, go to: projectable.org and select the Salem events button.

Project ABLE, Inc.
640 NE 3rd ST
Phone: 503-474-5509
9am-4pm Monday through Thursday.
9am-1pm Friday

Community Connection: w/Troy Come in, drink coffee and talk about issues affecting our community while connecting with peers. This Activity last for two hours.

Life Changes: w/Deb Every stage of life comes with its own set of changes and challenges. In this peer led activity we will cover a wide range of skills to handle what life throws our way.

12 min.: w/Tracy We will be practicing mindfulness exercises Monday-Thursday to foster mental health and wellbeing.

Coping Skills: w/Olivia This peer led activity involves learning methods to deal with stressful situations. We will support one another in having action plans, being flexible and persistent in solving problems.

Crafty Corner: w/Jackie Bring in your own craft or find something to create with the supplies in the expressions room. Craft without judgment alongside peers.

B.S.R.P. Role Play: w/Kacey & Tracy Engage in Community bonding and life skills development through creative imagination. Follow the B.S.R.P. rules for tabletop role play and create a character that saves the universe while exploring recovery methods!

Calendar Event Descriptions

OHP and Marketplace Assist: Call to schedule an appointment with Tracy.

Volunteer Meeting: *The first and third Friday of the month.*

Volunteer Orientation: *The second Friday of the month.*

CEU Trainings: *Every Friday excluding holidays.*



Special Day:

Bingo: March 20th 11am - 4pm Come play Bingo with your peers and WIN PRIZES! Please bring food to eat if you are planning to stay all day. Come enjoy the excitement. Bingo Cards are free to play so bring your friends!

New to Project ABLE? Stop by our office for a “Welcome to ABLE.”

Interested in volunteering? Stop by and check out our volunteering opportunities!

McMinnville Campus
640 NE 3rd St

Wellness: w/Ken A balanced life is a well lived life. Each week we will go over one of the dimensions of wellness and decide our own path to fulfillment.

Harm Reduction Works: w/Tiffany Explore wellness, your relationship with habits and or substances, in a safe, non-judgmental space. Let us walk together and support each other on this journey!

Get Moving: w/James.

Meet at ABLE and move your body with peers as we walk down third Street or go to a park. Also, explore different types of yoga led by peers. Modify moves to fit your needs or just come and breathe.

Empowerment: w/Tracy Empowering each other while we set goals, build skills, sing and paint

Recovery: w/Tracy Join us as we explore the 10 components of recovery; Self-Direction, Individualized and Person Centered, Strengths Based, Holistic, Non-linear, Peer Support, Empowerment, Respect, Responsibility and Hope!

Journaling: w/Steven Join us to practice assorted styles and strategies of journaling in a safe space. Sharing is optional.

Cards & Board Games: w/Gwendolyn Come play cards and boardgames in a friendly and supportive atmosphere. Bringing snacks is optional.

DDA: w/Emil Dual Diagnosis Anonymous Purpose – to carry its message of hope and recovery to those who still suffer from the effects of Dual Diagnosis.”